

4-Week Bodyweight Conditioning Program

Start with light joint-loosening exercises.

Workout Rounds are 5 Minutes Each.

Rest 2 Minutes between Rounds.

The Workout: Heavy Days – Close to All-Out Effort

Day:				
Lunge/Step-ups X 5				
Pushups X 5				
Mountain Climbers X 20				
Rounds:				

Day:				
Squats X 5				
Table Tops X 5				
Burpees X 5				
Rounds:				

Day:				
Lunge w/knee-hi X10				
Moving Plank X 5				
JJ Squats X 5				
Rounds:				

Cool down for 3 mins by walking around / jogging on the spot.

4-Week Bodyweight Conditioning Program

Start with light joint-loosening exercises.

Workout Rounds are 5 Minutes Each.

Rest 2 Minutes between Rounds.

The Workout: Medium Days – 70-80% of last Heavy Day

Day:				
Lunge/Step-ups X 5				
Pushups X 5				
Mountain Climbers X 20				
Rounds:				

Day:				
Squats X 5				
Table Tops X 5				
Burpees X 5				
Rounds:				

Day:				
Lunge w/knee-hi X10				
Moving Plank X 5				
JJ Squats X 5				
Rounds:				

Cool down for 3 mins by walking around / jogging on the spot.

4-Week Bodyweight Conditioning Program

Start with light joint-loosening exercises.

Workout Rounds are 5 Minutes Each.

Rest 2 Minutes between Rounds.

The Workout: Light Days – 50-60% of last Heavy Day

Day:				
Lunge/Step-ups X 5				
Pushups X 5				
Mountain Climbers X 20				
Rounds:				

Day:				
Squats X 5				
Table Tops X 5				
Burpees X 5				
Rounds:				

Day:				
Lunge w/knee-hi X10				
Moving Plank X 5				
JJ Squats X 5				
Rounds:				

Cool down for 3 mins by walking around / jogging on the spot.